

STRESS MANAGEMENT/CRISIS INTERVENTION SERVICES

Incidents that result in individual and/or mass trauma are unfortunately too common in modern life. Many people can manage those real stresses with little assistance or with the help of family or friends. Many people also will be able to resolve the stress or grief more quickly or with less residual effects if they seek professional assistance. This assistance can take on many dimensions and should be individualized for the people involved.

The likelihood that many people will have strong emotional reactions to traumatic events is so common that automatic crisis intervention protocols have been developed for most emergency service personnel such as police, fire, and EMTs (and American Red Cross personnel). Frequently, the interventions available to emergency personnel include CISM teams and the procedure for utilizing their CISM team or other counselors has been proactively established.

For the general public, the public community mental health center system is available to assist with crisis intervention services including 24/7 crisis lines. The Community Mental Health Center (CMHC) will be able to assist an individual with the resources needed including staff members with CISM training. If an individual thinks they need crisis services, they should seek assistance from the crisis line listed in their local phone books or by calling the local Community Mental Health Center (listed in Appendix I of the State of Alaska, Mental Health Disaster/Emergency Response Plan.”¹)

In the event of a large disaster, outside resources may be needed to assist the local CMHC with the needed responses. The local CMHC should be considered a first contact to accessing the need for a CISM team outside their center, to coordinate CISM interventions with other crisis response services, and particularly with the potential for long-term follow-up services. The local CMHC may also have access to travel funds (if prior authorized) from the DMHDD to assist with the travel costs of utilizing an outside CISM team.

The following list (maintained on the web site of the Section of Community Health and EMS²) includes the CISM teams in Alaska with ICISF certified team members who may be called for assistance. The table contains information on the specific types of events or target audiences on which the team focuses. Those teams with an “emergency” designation have defined a mission to assist specifically with emergency personnel while those teams with a designation of “community” may also be available to assist with the general public. Again, the preferred method for the general public to obtain the services of a CISM team would be through the CMHC in the impacted area to insure access to the correct resources and to insure coordination with other concurrent or follow-up crisis services. However, while we believe that it is important to coordinate outside CISM team responses with the local CMHC, nothing prevents direct contact with CISM teams and arranging for their assistance directly with that team.

¹ <http://www.hss.state.ak.us/dmhdd/mh/>

² <http://www.chems.alaska.gov/ems/cism.htm>

CRITICAL INCIDENT STRESS MANAGEMENT TEAMS IN ALASKA

¹= Denotes that the team is registered by the [International Critical Incident Stress Foundation, Inc.](http://www.icisf.org)

Statewide		
Team Name and Contact Names	Contact Telephones	Focus of Team and Additional Information
Mike Kelly Magellan-Behavioral Health	562-2812 1-800-478-2812	Community and Emergency Services
Mike Enschede Department of Corrections	269-7414	Department of Corrections
Alaska Police Chaplains Ministries Teams Network Chaplain Bert McQueen, CMC Alaska Region Director Alaska Police Chaplains Ministries P.O. Box 200654 Anchorage, AK 99504	272-3100 272-3106 (fax)	Community and Emergency Services
Statewide APD CISM Team Brad Billingslea Bert McQueen	786-8900	Law Enforcement
Anchorage CISM Team ¹ Chaplain Bert McQueen or On-Call Chaplain	786-8900	Community and Emergency Services
Alaska CISM Team Network ¹ Chaplain Bert McQueen or On-Call Chaplain	272-3100 786-8900 244-2403	Community and Emergency Services
Cornerstone Clinic Sarah Mills	522-7080 272-3100	Community
Alaska Juneau C.I.S.M. Team ¹ Destiny Sargeant, Ph.D. Clinical Director P.O. Box 33464 Juneau, AK 99803	783-9828 (Destiny) 586-2780 (JPD Dispatch for Emergencies)	Community and emergency services, law enforcement, military, business, schools.
Interior Region		
Fairbanks CISM Team Debby Hassel P.O. Box 70452 Fairbanks, AK 99707	451-5100 (dispatch) 450-6652 (office) 450-6666 (fax) (877) 705-4672 (Pager)	Emergency Services
Northwest Arctic Borough Region		
Kotzebue C.I.S.M. Team Lori Harris Maniilaq Counseling Services Maniilaq Health Center P.O. Box 43 Kotzebue, AK 99752 Bruce Ruttenburg , Director Counseling Services Maniilaq Association	442-7402 442-7400 442-3311 (information) 442-7595 (management request) 442-7559 (fax) 442-7401	Community and Emergency Services
Norton Sound Region		
Norton Sound C.I.S.M. Team Mike Owens, EMS Director	443-3311 (24 hours) 443-3139 (fax)	Emergency Services

Norton Sound Health Corporation P.O. Box 966 Nome, AK 99762		
Southeast Region		
Alaska Juneau C.I.S.M. Team ¹ Destiny Sargeant, Ph.D. Clinical Director P.O. Box 33464 Juneau, AK 99803 Information during days: Destiny Sargeant, Ph.D. SEARHC Clinic Jerry Nankervis – For emergency dispatch Juneau Police Department Bruce Bowler Dave Hull, Lt. Ketchikan Fire Department	783-9828 (Destiny) 586-0600 (Jerry) Request dispatchers to locate CISM team 465-6952 (Bruce) 225-9616 225-5051	Community and emergency services, law enforcement, military, business, schools Primarily serves Juneau and Ketchikan areas Will serve statewide needs on case by case basis
USCG Juneau CISM Team ¹ Corrine Precourt, Team Coordinator P.O. Box 25517 709 West 9 th Street Juneau, AK 99802	907-463-2127 After hours: 790-5522 or 463-2001 (USCG Command Center)	Coast Guard members and families, Community Emergency Services, Business, Law Enforcement, Military.
Sitka C.I.S.M. Team Matt Neland, EMS Director Sitka Fire Department 209 Lake Street Sitka, AK 99835 Katie Lewis EMS Division SEARHC 222 Tongass Drive Sitka, AK 99835 Nancy Jo Bleier Social Services Director SEARHC Mt. Edgecumbe Hospital 222 Tongass Drive Sitka, AK 99835	747-3223 747-7450 (fax) 966-8777 or 969-2411 966-8707 (fax) 966-2411 966-8300 (fax)	Emergency Services
Southern Region		
Bristol Bay C.I.S.M.Team Don Cline, Mental Health Lead Teresa Seybert, Team Coordinator Dillingham Volunteer Fire Dept. & Rescue Squad P.O. Box 130 Dillingham, AK 99576	(800) 510-1230 or 842-1230 (Cline) 842-9305 (Seybert)	Community and Emergency Services
Homer C.I.S.M.Team Robert Painter, Chief Homer Volunteer Fire Dept.	235-3155 235-3157 (fax)	Emergency Services

604 E. Pioneer Avenue Homer, AK 99603		
Jody Burcham, Team Coordinator USCG ISC PO BOX 195022 Kodiak, AK 99619-5022	486-5525 x. 273 (information) or 486-8000 (City Police Dispatch) 486-8048 (fax)	Community, Emergency Services and Coast Guard
Matanuska Susitna Borough C.I.S.M. Team Jack Krill, Director Dept. of Public Safety 680 N. Seward Meridian Parkway Wasilla, AK 99654	373-8800 376-0799 (fax)	Emergency Services
Palmer/Wasilla CISM Team ¹ Chaplain Micky Boyer	745-4811	Community and Emergency Services
C.I.S.M. Team Brenda Johnson Marv St. Clair Dave Donald Tom Newby Central Emergency Services 231 S. Binkley St. Soldotna, AK 99669	262-4792 (days) 262-4453 (evenings) 262-5770 (fax)	Emergency Services
North Slope Borough		
C.I.S.M. Team Tom Saxton North Slope Borough Fire Dept./EMS Training Division P.O. Box 69 Barrow, AK 99723	852-0234 852-0235	Emergency Services
Yukon-Kuskokwim Region		
Yukon Kuskokwim Health Corporation C.I.S.M. Team Gladys Johnson PO Box 528 Bethel, AK 99559	543-6145	Community and Emergency Services
Bethel CISM Team Reese Carroll	543-6941	Community

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